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為什麼要練反手?

http://hero3940.pixnet.net/blog/post/81532269

尤其是反手區的後場平球。

反手平抽球
https://www.youtube.com/watch?v=kbxm-eItHBQ
https://www.youtube.com/watch?v=KG_6-yn89OY

反手高球
https://www.youtube.com/watch?v=PuO5WytTw1w
https://www.youtube.com/watch?v=1S0XEM7S2gA
[https://www.youtube.com/watch?v=mMfhJOyY1HU&list=PLq5RJhtUPKA0xApDfT2Cu4QT6geB12xDS&index=20]
(https://www.youtube.com/watch?v=mMfhJOyY1HU&list=PLq5RJhtUPKA0xApDfT2Cu4QT6geB12xDS&index=20)

注意：反手如果小手臂沒有外旋，手臂骨互相碰撞手肘會痛的！請多看反手發力視頻，越仔細約好！

Let's Chat!